

EASY Paso (Solo)

By: Fabio Sampo'

Music: Paso Doble 2/4 or 4/4
Competitive Requirements: 4 Sequences

Tempo: 104 Metronome
Pattern: set

Step 1 (LFO) is a stroke aimed parallel to the long axis.
Step 2 (RFI) is a progressive for one beat aimed toward the long axis.
Step 3 (LFO) is a stroke in the direction of the long axis for 2 beats with the right skate brought close to the left foot in "and" position on the 2nd beat in preparation for the next step.
Step 4 (RF Flat) for one beat is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. At the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.
Step 5 (LFI Slide) for ½ beat (the skating foot is LFI and the extended leg is RFO) performed on the inside edge of the left foot with an obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step approaches the long axis and begins the descent toward the short axis. During the execution of step 5, all eight wheels must remain in contact with the floor.
Step 6, (RFO) for ½ beat, is performed with a transfer of body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.
Step 7 is a XB LFI for two beats, crossed behind with a forward extension of the free leg, initially aimed toward the long axis and finishing toward the long side barrier. At the end of the second beat, the skater brings the free leg into "and" position to perform step 8 (RFO) a stroke for two beats, which moves away from the long axis and moves toward the short axis.
Step 9 (XR LFO) is a one beat cross roll skated initially toward the short axis, followed by a chasse, Step 10 (Ch RFI) for one beat, on which skater moves away from the short axis and back toward the long side barrier.
Step 11 (LFO) is a one beat stroke skated toward the long side barrier.
Step 12 (lvMk RBO 3t) is a 3 beat step, distributed as follows:
-On the 1st beat an inverted mohawk RBO skated toward the long side barrier.
-On the 2nd beat a RBO three turn (to RFI) continuing toward the long side barrier with the extension of the free leg forward and stretching at the end of the three turn.
Step 13 is an open mohawk LBI for 2 beats, aimed toward the short side barrier.
Step 14 is a 2 beat RBO stroke still aimed toward the short side barrier.
Step 15 (XF LBI 3t), begins toward the short side barrier and ends almost parallel to it. It is a 3 beat and a half step, distributed as follows:
-On the 1st beat XF with the simultaneous backward extension of the right free leg;
-On the 2nd beat a three turn is performed (from LBI to LFO)
-On the 3rd beat a swing in front is performed or the free leg extends behind the supporting foot (optional)
Step 16 is a half beat Quick Ch RFI that is just after the long axis.
Step 17 (LFO) for 2 beats is a stroke which moves away from the long axis and toward the long side barrier.
Step 18, the last step of the dance, is a DCh RFI for 2 beats continuing toward the long side barrier and ends near parallel to long axis.

DANCE KEY-POINTS (Easy Paso SOLO)

SECTION 1:

1. Step 4 is a RF-FLAT executed with an obvious bend of the right knee and extension of the left leg, aiming toward the long axis. All eight wheels must remain in contact with the floor.
2. Step 5 is a LFI-Slide performed on the inside edge of the left foot and with a simultaneous forward extension of the right leg on an outside edge, advancing toward the long axis to begin the descent toward the short axis. All eight wheels must remain in contact with the floor. The inside edge of the skating foot should be deep and evident.
3. Step 12 is an inverted mohawk (RBO) - 3. Correct execution of the lvMk RBO – 3 and correct distribution of the beats:
 - on the 1st beat an lvMk RBO is performed
 - on the 2nd beat a three turn (RBO to RFI) is performed, extending the left free leg in front.
4. Step 15 (XF LBI-3-Sw): Correct execution of the step and correct distribution of the beats:
 - on the 1st beat a cross in front with a backward extension of the right free leg
 - on the 2nd beat a three turn is performed (LBI to LFO).
 - on the 3rd beat a swing in front is performed or the free leg extends behind the supporting foot (optional)

LIST OF THE STEPS

No.	STEP	BEATS
1	LFO	1
2	RFI	1
3	LFO	2
4	RF (FLAT)	1
5	LFI (SLIDE)	1/2
6	RFO	1/2
7	XB LFI	2
8	RFO	2
9	XR-LFO	1
10	Ch RFI	1
11	LFO	1
12	IvMk RBO (on beat 1) 3t (on beat 2)	1 + 2
13	OpMk LBI	2
14	RBO	2
15	XF LBI (on beat 1) LBI-3t to LFO (on beat 2) swing (on beat 3, optional)	1+ 1+ 1 ½
16	Quick Ch RFI	1/2
17	LFO	2
18	DCh-RFI	2

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